



MANSFIELD ADVOCATES FOR CHILDREN
Wednesday, March 2, 2016
Council Chambers, Town Hall
DRAFT - MINUTES

Members Present: Lisa Dahn, Sarah Delia (staff), Maggie Ferron (staff), Jane Goldman, Pat Schneider (staff), Judy Stoughton, Jordana Frost, Acey Neel, Pam Roberts, Kathy Ward

Regrets: Ben Wiles, Rachel Leclerc, Pat Michalak, Ana Zeller, Heather Lasky.

Guests: Sonya Conrad, Jiff Martin, Kariann Gallegos, Amy Mobley, Natalie Pavane, Kaley Beauchamp, Barb Gardina

WHAT	DISCUSSION	OUTCOME
CALL TO ORDER	Maggie Ferron called the meeting to order at 5:45pm.	
CONSENT AGENDA	Approval of the Minutes of February 3, 2016.	<i>The February 3, 2016 meeting minutes were approved.</i>
GUEST SPEAKER	<p>Maggie Ferron introduced Dr. Amy Mobley from UConn's Nutritional Sciences department.</p> <p>Dr. Mobley presented her research (and that of other experts) on preventing childhood obesity.</p> <ul style="list-style-type: none"> • There is a need for interventions in the youngest kids • She is conducting research into the feeding practices of parents of children ages 0-5 • The goal is to make the healthy choice the easy choice • The attitude of pediatricians is one of the more important factors in helping a child struggling with his or her weight • Exploring whether having recess before lunch is a way to help kids make better food choices • Need to show parents what the low cost options are for indoor and outdoor physical activity and encourage the development of these resources • Kids can go outside even when it's cold, as long as they have adequate cold weather clothing • Activity bursts can help kids concentrate • Pedometers might be a good way to get kids interested in more physical activity- it makes it a competition. • Also need to fight sedentary behaviors- the recommendation is for kids under 2 to have no 	<p><i>Dr. Mobley offered to present nutritional information to classrooms.</i></p> <p><i>MAC looking into whether this is possible for schools given scheduling constraints</i></p> <p><i>Can we secure donations to make sure every child has the necessary warm clothing to go outside in cold temperatures?</i></p>

	<p>screen time and for kids over to 2 to have less than 2 hours of screen time</p> <ul style="list-style-type: none"> • Important to remove electronics from kids' bedrooms • Breastfeeding as an important early step to good nutrition • Best practice is for schools not to use food as a reward, also encourage parents to bring healthy treats for birthdays • Need to encourage wellness for teachers and staff • Wellness committees should meet regularly and be active • Summer camps and other parks and rec programs should have healthy foods, not soda and garbage • Need to promote adequate sleep as that is an important part of a healthy weight • Local grocery stores should have candy-free checkout lanes for families • Should we consider doing an environmental scan, looking for the gaps in our community's policies? Find low cost, feasible options; identify resources needed to make changes <p>Kariann Gallegos, Mansfield Public Schools' Food Services Director:</p> <ul style="list-style-type: none"> • They work to make meals healthy and engaging- e.g., fall harvest dinner with local foods • They have some rules that they have to follow, e.g., CT DOE/USDA nutritional values • They also collect data on what kids like • Cost, labor also factors in what's served • They require that kids take fruit, juice, or vegetable at each meal • They look to create healthy habits that the kids take home with them <p>Jiff Martin, Sustainable Food System Associate Educator, UConn:</p> <ul style="list-style-type: none"> • Called for advocacy getting local foods into the school food system, including "micropurchasing" <p>Jane Goldman, Professor of Human Development and Family Studies, UConn:</p> <ul style="list-style-type: none"> • Presented research on how food is presented in children's books. 2/3 of the books she has examined feature food in one way or another, whether it's central to the plot, a subtheme, or incidental. The affect can be neutral, positive, or negative. Ways to start conversations and educate kids about food and healthy eating habits. 	<p><i>The community center should have a place to breastfeed.</i></p> <p><i>Kathy Ward will look into the wellness committee</i></p>
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STAFF REPORT	<p>Staff Report: Maggie Ferron</p> <ul style="list-style-type: none"> • The School Readiness RFP and the QE RFP have arrived and Centers and Town are working on responses to RFPs. Will need a committee in late April to evaluate RFPs. • Centers should support the SR program by making sure there is a waitlist for each Center. • We are starting a new program for parents called Raising a Reader. This is an 8 week parent program to show parents how to read to their children and interact with them. Books will be given out every week. This program is facilitated by Anne Bladen and Janice Boltseridge of UConn Child Labs. • Budget: Pat Schneider has written Early Childhood Services Coordinator and Assistant hours into the Human Services budget. Advocacy will be needed to support this inclusion. The budget will be initially presented 3/28. The Human Services budget specifically will be discussed 4/5 at 6:30. • Playground Egg Hunt: 3/26, 1 PM. On playground and skate park. Are still raising money for improvements; selling more pickets as well. • Bylaws: membership will need to vote on them next month so that they can be sent in with school readiness RFP. Changes: executive council meets quarterly, no teams or splitting up for meetings. 	<p><i>Kathy Ward and Pam Roberts volunteered to be on committee evaluating S/R RFPs.</i></p> <p><i>Maggie will send out information about when and how members should advocate for this funding.</i></p>
NEW BUSINESS	<p>Next Meeting Topics:</p> <ul style="list-style-type: none"> • Follow up: Nutrition and Young Children: Developing a Healthy Relationship with Food 	
ADJOURN	<p>The meeting adjourned at 7:27 pm.</p> <p>Next Regular MAC Meeting, Wednesday, April 6, 2016, 5:30pm – 7:30pm, Town Hall.</p> <p>Respectfully submitted, Maggie Ferron, Early Childhood Services Coordinator</p>	

All Mansfield Children ages birth through 8 years old are healthy, successful learners, and their families are connected to the community.